

Bell Block School
Extreme Sports - Honours Points Project
Sports Badge



Project Guidelines:

In order to successfully complete this project you **must complete the compulsory tasks and collect 12 points** over a variety of 12 different tasks that investigate extreme sports. Each task is worth a different amount of points. You can choose to complete your project in a variety of different formats of your own choice (eg. slide show, poster, paper, Canva document, video etc.). Once you have completed your tasks and are ready to submit it to your teacher for signing off **please attach and complete this task checklist to your project** either digitally or printed. Your classroom teacher can print this for you if required.

Task Checklist:

Task Number and Name	Number of Points	Tasks Completed	Teacher Sign Off
<u>Compulsory Task 1</u> Calculate the Cost of Equipment for an Extreme Sport	2	•	
<u>Task 2</u> Research the Manufacturing of 3 Items of Equipment in Your Chosen Extreme Sport	2	•	
<u>Task 3</u> Research and Complete a Profile on an Athlete in Your Chosen Extreme Sport	1	•	
<u>Task 4</u> Create a Scale Model of Equipment Used in Your Chosen Extreme Sport	2	•	
<u>Task 5</u> Create a Poster Advertising Your Chosen Extreme Sport	1	•	
<u>Task 6</u> Research the History of Your Chosen Extreme Sport	2	•	
<u>Task 7</u> Create a List of Safety Instructions for Your Chosen Extreme Sport	1	•	
<u>Task 8</u> Create a Profile of a Location for Your Chosen Extreme Sport	1	•	
<u>Task 9</u> Research What Adrenaline Is and It's Action on the Body	1	•	

Task 10 Plan an Extreme Sports Holiday	3	•	
Task 11 Research Sports Drinks for Extreme Athletes and Design Your Own	2	•	
Task 12 Design the Cover Page for an Extreme Sports Magazine	1	•	
12 Points Required to Complete Project			

<p>2 Points</p> <p>Compulsory Task 1</p>	<p>Calculate the Cost of Equipment for an Extreme Sport</p> <ol style="list-style-type: none"> Choose an extreme sport for this project (e.g., rock climbing, skateboarding, snowboarding, surfing, etc.). Research the necessary equipment for beginners in that sport (e.g., gear, protective equipment, clothing, etc.). Create a list of the equipment you'll need to get started, including: <ul style="list-style-type: none"> The name of each item (e.g., helmet, board, harness, gloves, etc.). The cost of each item (you can research current prices or use average estimates). Include a picture or diagram of each piece of equipment to give a visual reference. Total the costs to see how much it would cost to get started in your chosen extreme sport. <p>Be detailed in your list and make sure you provide accurate pricing and visuals for each piece of equipment.</p>
<p>2 Points</p> <p>Task 2</p>	<p>Research the Manufacturing of 3 Items of Equipment in Your Chosen Extreme Sport</p> <ol style="list-style-type: none"> Choose an extreme sport (e.g., surfing, skateboarding, rock climbing, snowboarding, etc.). Select 3 items of equipment used in that sport (e.g., skateboard, helmet, climbing harness, surfboard, etc.). Research how each item is made, including: <ul style="list-style-type: none"> The materials used to create the equipment (e.g., fiberglass, carbon fiber, leather, rubber, etc.). The manufacturing process for each item (e.g.,

	<ul style="list-style-type: none"> ○ molding, stitching, pressing, etc.). ○ Why these materials are used for the specific equipment (e.g., durability, strength, lightweight, flexibility, safety). <p>4. Provide brief explanations of the materials and their importance in making the equipment suitable for the extreme sport.</p> <p>Be sure to highlight the connection between materials and performance to show why each material choice is important.</p>
<p>1 Point</p> <p>Task 3</p>	<p>Research and Complete a Profile on an Athlete in Your Chosen Extreme Sport</p> <ol style="list-style-type: none"> 1. Choose an extreme sport (e.g., rock climbing, skateboarding, surfing, snowboarding, etc.). 2. Select an athlete who is involved in that sport (e.g., Tony Hawk for skateboarding, Kelly Slater for surfing, etc.). 3. Research the athlete's background, achievements, and career highlights. 4. Complete a profile of the athlete that includes: <ul style="list-style-type: none"> ○ Basic information (name, age, nationality). ○ Career achievements (titles, records, notable performances). ○ Personal life (background, training regimen, motivations). ○ Impact on the sport (contributions, innovations, influence). 5. Add a picture of the athlete and any relevant statistics that show their success in the sport.
<p>2 Points</p> <p>Task 4</p>	<p>Create a Scale Model of Equipment Used in Your Chosen Extreme Sport</p> <ol style="list-style-type: none"> 1. Choose an extreme sport (e.g., skateboarding, snowboarding, rock climbing, surfing, etc.). 2. Select a piece of equipment used in that sport (e.g., skateboard, surfboard, helmet, climbing gear, etc.). 3. Create a scale model of the selected equipment. <ul style="list-style-type: none"> ○ Use materials such as cardboard, foam, plastic, or clay to construct your model. ○ Ensure the model is proportional to the real-life size (scale model), but it doesn't have to be full-sized. 4. Label key parts of the equipment and explain their function in the sport (e.g., why certain features are

	<p>important for performance or safety).</p> <p>5. Optional: Include a short description of the real-life item and its importance in the sport.</p> <p>Be detailed in your design, and make sure the model is realistic and represents the equipment well!</p>
<p>1 Point</p> <p>Task 5</p>	<p>Create a Poster Advertising Your Chosen Extreme Sport</p> <ol style="list-style-type: none"> 1. Choose an extreme sport (e.g., skateboarding, snowboarding, rock climbing, surfing, etc.). 2. Design a visually engaging poster that promotes the sport to a broad audience. <ul style="list-style-type: none"> ○ Include eye-catching images of the sport in action (e.g., athletes performing tricks, scenic views, etc.). ○ Add a catchy slogan or tagline (e.g., "Ride the Waves," "Feel the Thrill," "Push Your Limits"). ○ Highlight the appeal of the sport (e.g., excitement, challenge, adventure, community). 3. Include details such as: <ul style="list-style-type: none"> ○ Benefits of the sport (e.g., fitness, adrenaline, skill development). ○ How to get started (e.g., equipment needed, where to train, clubs or teams). 4. Use bold, dynamic colours and creative fonts to make the poster stand out and attract attention.
<p>2 Points</p> <p>Task 6</p>	<p>Research the History of Your Chosen Extreme Sport</p> <ol style="list-style-type: none"> 1. Choose an extreme sport (e.g., skateboarding, snowboarding, rock climbing, surfing, etc.). 2. Research the history of that sport, focusing on: <ul style="list-style-type: none"> ○ When the sport started (e.g., the origins of the sport, earliest known competitions, or key milestones). ○ Who pioneered or invented the sport (e.g., the first person to practice it, make it popular, or create the equipment). 3. Include key events or breakthroughs in the sport's development (e.g., major competitions, innovations in equipment, or notable athletes). 4. Provide a timeline of the sport's history, if possible, highlighting important dates or turning points. 5. Share interesting facts or anecdotes about how the sport evolved over time.

	<p>Make your research informative and ensure it provides a clear overview of how the sport came to be and grew into what it is today!</p>
<p>1 Point</p> <p>Task 7</p>	<p>Create a List of Safety Instructions for Your Chosen Extreme Sport</p> <ol style="list-style-type: none"> 1. Choose an extreme sport (e.g., skateboarding, snowboarding, rock climbing, surfing, etc.). 2. Research safety guidelines for that sport to ensure athletes are protected. 3. Create a list of essential safety instructions that need to be followed, such as: <ul style="list-style-type: none"> ○ Wear appropriate protective gear (e.g., helmet, knee pads, wrist guards, etc.). ○ Check equipment for damage before use (e.g., inspect the board, harness, or bike). ○ Warm-up and stretch before participating to prevent injury. ○ Follow the correct techniques (e.g., proper body posture, safe climbing routes, or correct landing techniques). ○ Be aware of the environment (e.g., check weather conditions, avoid crowded areas, stay within skill level). ○ Stay hydrated and take breaks to avoid exhaustion. ○ Have a spotter or buddy (e.g., for climbing or certain high-risk activities). 4. Make sure the instructions are clear, simple, and easy to follow to ensure safety during participation.
<p>1 Point</p> <p>Task 8</p>	<p>Create a Profile of a Location for Your Chosen Extreme Sport</p> <ol style="list-style-type: none"> 1. Choose an extreme sport (e.g., surfing, skateboarding, rock climbing, snowboarding, etc.). 2. Select a location where your chosen sport is commonly practiced (e.g., a famous surf beach, a rock climbing area, a ski resort, etc.). 3. Research the location to gather key information such as: <ul style="list-style-type: none"> ○ Name and description of the area (e.g., “Mavericks Beach” for surfing or “Yosemite National Park” for climbing). ○ Why it’s popular for the sport (e.g., perfect conditions, famous events, or historical significance).

	<ul style="list-style-type: none"> ○ Facilities and services available for athletes (e.g., equipment rental, training camps, resorts). ○ Safety considerations or guidelines specific to the area (e.g., weather conditions, accessibility, risk levels). <ol style="list-style-type: none"> 4. Include interesting facts about the place (e.g., notable events, famous athletes who practice there, any unique features of the location). 5. Add a picture or map of the area to visually represent the place.
<p>1 Point</p> <p>Task 9</p>	<p>Research What Adrenaline Is and Its Action on the Body</p> <ol style="list-style-type: none"> 1. Define adrenaline: <ul style="list-style-type: none"> ○ Research what adrenaline is (a hormone and neurotransmitter produced by the adrenal glands). ○ Explain its role in the body, particularly in response to stress or danger. 2. Understand adrenaline's effects on the body: <ul style="list-style-type: none"> ○ Research and list the physical effects adrenaline has on the body (e.g., increased heart rate, elevated blood pressure, increased energy, dilated pupils, etc.). ○ Explain how adrenaline helps the body prepare for a "fight or flight" response, aiding in performance during extreme or stressful situations. 3. Provide examples of how adrenaline impacts performance in extreme sports or other intense situations (e.g., how it boosts focus, speed, strength, or reaction times). <p>Make sure your research is clear and concise, helping you explain how adrenaline affects the body and its importance for extreme activities!</p>
<p>3 Points</p> <p>Task 10</p>	<p>Plan an Extreme Sports Holiday</p> <ol style="list-style-type: none"> 1. Choose your extreme sport (e.g., surfing, snowboarding, rock climbing, etc.) and select a destination that is famous for that sport (e.g., Hawaii for surfing, the Swiss Alps for skiing, etc.). 2. Research transportation options to the location: <ul style="list-style-type: none"> ○ Air travel: Research flights (costs, time, best airlines). ○ Ground transportation: Look into local transport (e.g., car rentals, public transit, taxis).

	<ul style="list-style-type: none"> ○ Alternative transport: Explore any special transport options (e.g., shuttle services to resorts or specific sites). <ol style="list-style-type: none"> 3. Accommodation: <ul style="list-style-type: none"> ○ Research luxury options (e.g., five-star resorts, private lodges). ○ Research budget-friendly options (e.g., hostels, budget hotels, camping). 4. Equipment: <ul style="list-style-type: none"> ○ List the necessary equipment for the sport (e.g., surfboard, snowboard, climbing gear). ○ Include options for purchasing equipment and renting equipment. ○ Include costs for equipment, specifying whether you will buy or hire. 5. Cost Breakdown: <ul style="list-style-type: none"> ○ Option A: Luxury Holiday: Include high-end accommodation, flights, and purchased equipment. ○ Option B: Budget-Friendly Holiday: Include cheaper accommodation, economy travel, and renting equipment. 6. Details of Costs: <ul style="list-style-type: none"> ○ For each option, provide a breakdown of costs for transport, accommodation, and equipment for 1 week or a similar timeframe. 7. Final Touches: <ul style="list-style-type: none"> ○ Include a brief description of activities you can do at the location (e.g., lessons, tours, excursions). ○ Compare both options and discuss the benefits and drawbacks of each. <p>Make your plan detailed, providing realistic cost estimates and descriptions to help anyone interested in planning a similar holiday!</p>
<p>2 Points</p> <p>Task 11</p>	<p>Research Sports Drinks for Extreme Athletes and Design Your Own</p> <ol style="list-style-type: none"> 1. Research Popular Sports Drinks: <ul style="list-style-type: none"> ○ Look into sports drinks commonly used by extreme athletes (e.g., Powerade, Mizone, Red Bull). ○ Find out the ingredients in these drinks (e.g., electrolytes, sugars, caffeine, vitamins, etc.). ○ Research why these ingredients are used (e.g., to provide hydration, boost energy, or improve performance). 2. Design Your Own Sports Drink: <ul style="list-style-type: none"> ○ List the ingredients you would use in your custom

	<p>drink.</p> <ul style="list-style-type: none"> ■ Consider the purpose of each ingredient (e.g., hydration, energy, electrolytes, recovery). <ul style="list-style-type: none"> ○ Include ingredients like: <ul style="list-style-type: none"> ■ Electrolytes (e.g., sodium, potassium) for hydration and to replenish lost minerals. ■ Carbohydrates (e.g., glucose, fructose) to provide energy. ■ Vitamins (e.g., vitamin C, B vitamins) for recovery and immune support. ■ Natural flavors (e.g., fruit extracts, mint, lemon) to make the drink taste good. ■ Optionally, include a boosting ingredient (e.g., caffeine or amino acids) for enhanced performance. <p>3. Explain Your Ingredients:</p> <ul style="list-style-type: none"> ○ For each ingredient, explain why you chose it and how it benefits extreme athletes. ○ For example: <ul style="list-style-type: none"> ■ Electrolytes: Help maintain fluid balance and prevent cramps during intense activity. ■ Natural sugars: Provide quick and sustained energy for longer performances. ■ Caffeine: Acts as a stimulant to improve focus and reduce perceived fatigue. <p>4. Design the Packaging (optional):</p> <ul style="list-style-type: none"> ○ Think about the appearance of the drink (e.g., bottle design, label colours). ○ Include a catchy name for your sports drink. <p>5. Summary:</p> <ul style="list-style-type: none"> ○ In a few sentences, summarise the purpose of your drink and how it stands out from other sports drinks in the market.
<p>1 Point</p> <p>Task 12</p>	<p>Design the Cover Page for an Extreme Sports Magazine</p> <p>1. Choose a name for your magazine:</p> <ul style="list-style-type: none"> ○ Create a catchy and relevant name that reflects extreme sports (e.g., “Adrenaline Rush,” “Extreme X,” “Thrill Seekers”). <p>2. Select the theme of your issue:</p> <ul style="list-style-type: none"> ○ Decide on the focus of this particular issue (e.g., “Top 10 Extreme Sports Destinations,” “Athletes of the Year,” “Innovative Gear for Extreme Sports”). <p>3. Create a layout:</p> <ul style="list-style-type: none"> ○ Headline: Include a bold and engaging title at the top (e.g., “Epic Adventures Await!”).

	<ul style="list-style-type: none"> ○ Subheadlines: Add smaller subheadings that tease interesting articles inside (e.g., "The Evolution of Snowboarding," "Gear Guide: Must-Have Equipment for Rock Climbers"). ○ Images: Choose an action shot that represents extreme sports (e.g., someone surfing a giant wave, a skier mid-jump, a BMX rider performing tricks). ○ Magazine Details: Add typical magazine features (e.g., "Issue #10," "January 2025," "\$5.99"). <p>4. Colour scheme and fonts:</p> <ul style="list-style-type: none"> ○ Use bold, dynamic colours that convey energy and excitement (e.g., bright blues, reds, and yellows). ○ Choose strong, modern fonts that reflect the action-packed nature of extreme sports. <p>5. Additional elements:</p> <ul style="list-style-type: none"> ○ Include a featured athlete or iconic sport (e.g., "Interview with X Games Champion" or "The Rise of Skateboarding"). ○ Add a QR code linking to your magazine's website or social media for extra engagement. <p>6. Final touches:</p> <ul style="list-style-type: none"> ○ Ensure that everything is well-organised and easy to read, while making it look eye-catching and professional.
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